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## PSYCHOLOGY 20

(Reprinted from Bulletin 2, 1953 edition. References now out of print have been omitted.)

The purpose of the course is to acquaint the student with the scientific method of psychology and its application to the solution of personal problems. Although the course is an introduction to elementary psychology, the general direction and emphasis should be towards an applied social psychology in which interest is centered on personality development and adjustment and guidance in character building. The outline for the course given below is based on Introductory Psychology, by Averill, who shapes his material to fit the student situation. This attitude should be carefully preserved by the teacher. It is not intended that the teacher should adhere strictly to the outline, which, possibly, includes more than can be covered during the year, but in selecting and organizing the material he intends to teach, he should note that the direction of the course is towards an idealistic, rather than a materialistic, philosophy of life. One of the outcomes should be an enhanced appreciation of the spiritual values of life.

### REFERENCES BOOKS

For the Student:

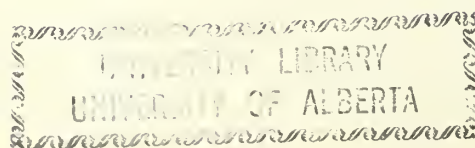
Averill: Introductory Psychology.

For the Teacher:

Collins and Drever: Psychology and Practical Life.

Strecker and Appel: Discovering Ourselves.

Bowers: Thinking for Yourself.



## OUTLINE

1. Human wants and how they are satisfied.
2. Our Habits.  
Forming habits. How our habits help us. Breaking ourselves of bad habits. Forming new habits.
3. The scientific basis of psychology.  
What our sense organs do for us.  
The central nervous system.  
Methods used in studying psychology.  
Fields of psychology.
4. How to study.  
The importance of learning how to study.  
Some helpful study hints.  
Making outlines, taking notes.
5. Mental attitudes.  
Toward work, play, customs, institutions, people.  
Sources of our attitudes.
6. Paying attention.  
Can you keep your mind from wandering?  
Disciplining our minds.  
The attitude of attention.  
Rules for improving attention.
7. How to remember.  
How to develop a logical memory.  
Why we forget.
8. Some rules of learning.  
The law of association.  
The laws of use and disuse.  
The law of effect.  
The principles of condition and transfer.



9. Work, fatigue and interest.

Work and the consumption of energy.  
Why mental work causes fatigue.  
The importance of sleep and rest.  
Boredom. Interest as a motive.

10. Our feelings and emotions.

How do emotions differ from feelings?  
The two strongest human emotions - anger and fear.  
Other important human emotions.  
The importance of emotions - their misuse and control.  
Conquering timidity.

11. Thinking.

How the mind is set for thinking.  
Thinking should lead to action.  
Ideas.  
Rules for a good thinker: Observe widely and  
intelligently; cultivate an active reflective  
mind; master a large vocabulary; converse with others.  
Logical thinking - the syllogism.

12. Wish-thinking and propaganda.

Wish-thinking - thinking that is not thinking.  
The will to believe - the propagandist.  
The power of propaganda.  
National and international propaganda.

13. What we do and don't inherit.

Heredity and environment.  
Family likenesses. Law of chance in heredity.  
Racial differences - myth of racial superiority.  
Proof of environmental influences.  
The fallacy that heredity is everything.  
Common sense attitude towards heredity.

14. Meeting obstacles.

The role of conflict. Thwarted ambitions.  
Solving the conflict by fresh attack, or by substitution.  
Unhealthful solutions - running away and protecting your ego.  
Poor adjustment to failure - sour grapes, projection,  
rationalizing, day-dreaming.  
The healthy personality faces reality.



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<http://archive.org/details/psycholog2000albe>



15. Your Vocation.

What choice will you make?  
Range of occupations open to Canadians or Albertans.  
Classification of the world's work.  
Obtain as much education as you can.  
Questions to ask about any occupation:  
How can a student prepare for success?

16. Character and Character Building.

What is character? Character and personality.  
Some qualities in which intellect and character are  
combined - charm, taste, tact, judgment, wisdom.  
Good character leads to good acts.  
Character and will. Character and happiness.  
How our emotions affect our character.  
Character and religion - the Christian character.  
Character and school activities.  
Six ideals of conduct.

17. Living Harmoniously.

Living with others.  
Leadership and followership.  
Adjustment to superiors.  
Being a friend. Living with yourself.  
Ways of achieving happiness.

18. Personality.

What is personality? Judging personality.  
Differences in personality.  
The wholesome personality.  
A sense of humor.

19. Crime and delinquency.

Commonest crimes among young people.  
The principal causes of delinquency.  
Desire for adventure strong in youth.  
Wholesome outlets for the adventuresome.

20. Developing a Healthy Mind.

The importance of having a healthy mind.  
The healthy-minded person has a task.  
Healthy-minded people use money wisely.  
Healthy-minded people have a faith in God.

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**For Reference**

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